

A NAP AFTER A MEAL

ONE OF THE BEST ITEMS IN THE LIST OF LIFE PRESERVERS.

The Postprandial Restful Dose Is an Aid to Good Health and More in Accord With Physiological Requirements Than Exercise.

The majority of people take a meal of some kind between the hours of 12 and 2 daily, says a physician. With a number of persons this meal assumes the form of a substantial dinner, while with others it amounts to nothing more than a light luncheon. In either case, however, the repast requires to be digested, and this necessitates some modification of the activities of the brain, since neither that organ nor those concerned in the processes of digestion are capable of good work when an attempt is made to put forth their energies simultaneously.

The exceedingly complex processes of digestion and assimilation whereby dead animal and vegetable matters are transformed into living human tissues demand for their rapid and healthy performance an increased circulation of blood in the stomach and ancillary organs as well as a concentration of nervous energy in the same region. Now, increase of circulation in one organ or set of organs entails a diminution in the others. Consequently the supply of blood to the brain is curtailed immediately after a meal has been eaten, and since the blood is the life the higher functions of that great organ are performed only with difficulty if at all.

A tendency to drowsiness, confusion of thought and inability to make any great mental effort are among the results of a diminished cerebral circulation. These feelings are, therefore, experienced by most persons after a meal, and they are the more pronounced in proportion to the greater amount of digestive energy expended.

Since brain work of good quality cannot be produced while the processes of digestion are in active operation it is wise not to attempt it. It is never prudent to thwart the beneficent intentions of nature. Many persons struggle against the mental and physical lethargy that accompany the earlier stages of the digestive act, apparently under the delusion that all time given to the important business of building up and repairing their tissues is time wasted. So far from this being the case, a well spent postprandial interval tends to the preservation and prolongation of life.

If a tendency to drowsiness is felt sleep should be allowed to prevail, for the proverbial "forty winks" is justified by science. A ten or fifteen minutes' nap after a meal, curiously enough, will enable many a brain worker to arise refreshed who might have spent an hour or two in a vain and mentally confused struggle against the "drowsy god." A cup of tea or coffee about an hour after a light luncheon will facilitate and expedite the last stages of gastric digestion and so assist in the rapid re-establishment of mental vigor and clearness of mind.

There are some persons who instead of resting after luncheon or early dinner take some form of exercise, such as walking or cycling. If the meal has been at all substantial muscular exercise must tend to retard and weaken digestion by withdrawing a certain modicum of nerve energy to the lower limbs and the centers which govern their movements and diminishing the circulation in the alimentary canal by increasing it in the legs and arms. Unless their digestive powers are very keen people who take active exercise after food find that the process of digestion is thereby only prolonged.

On many grounds rest after food is more in accordance with physiological requirements than exercise, and the afternoon nap, so scoffed at by the heedless, is a measure to be not only defended but recommended. It is a practice beneficial not only to digestion, but to many of the other functions of the body. Rest is the one thing needful in this restless age, and it is never so necessary as in the small hours of the afternoon.

Among the many generally unsuspected benefits conferred on the postprandial sleeper rest of the heart and systemic circulation must be placed in the front rank. Now, the more rest, within the limits of health, the heart is able to obtain the more efficiently and the longer will it continue to carry on its work, for the heart is, with most organs, a much overworked organ, and indulgence given it will be repaid many times over.

Another very important organ which needs a much needed rest during the afternoon nap is the eye. There is no doubt why people should be constantly wasting the powers of the organs of vision, the optic nerve and the centers of the brain itself by gazing at whatever trivial objects chance to present themselves in the field of vision. Even the casual use of "things seen" entails an expenditure of nerve energy, and an amount of accommodation, wear and tear of the exceedingly fine and delicate mechanism and a curbing exhaustion of the nerve

cells constituting the visual centers of the brain, all of which must tend ultimately to curtail the period during which the visual sense should be at its best.—London Chronicle.

Carpenter's Strokes to Drive a Nail.
How many hammer strokes does a carpenter use in driving a nail?

Perhaps not one carpenter in a thousand or one layman in ten times that number can tell or ever think of it. The truth of the matter is this: The carpenter takes seven strokes in driving a nail into ordinary wood and twelve regular strokes and two finishing taps in driving nails into hard wood.

These figures are furnished by a man who works at night and sleeps—or tries to sleep—by day and whose bedroom window opens out upon a flat building in course of erection. He figured the average number of hammer strokes for nine mornings and, having learned them, moved to a hotel until the new building is completed.

He discovered that the carpenter drives an average of three nails a minute in soft wood and a fraction under three in hard wood. At this rate he would drive 1,440 nails a day in soft wood if he keeps up the gait steadily and 1,282 in hard wood. He would give 10,080 hammer strokes in soft wood and 20,160 in hard wood.—Chicago Tribune.

Popular Names Abroad.

Numerous as are the members of the Smith family, they do not occupy as prominent a place in European directories as they do in those of England or at home, though they take up much room in the Berlin directory, 5,000 Schmidts being registered. They have to give room, however, to the Schultzes and Mullers. In Brussels the Janssens family is the most numerous represented, while the greater space in the Paris directory is given over to the Martinets.

Morelli and Vitelli are the names most numerous in Naples, and here the Smiths sink into insignificance; but, like the word "hello," the name of Smith is heard around the world and is represented in practically every directory published, more than may be said of any other surname, whatever its nationality.

England's Round Tree.

The heart of England is a sturdy member that throbs responsive to every call of duty. That, indeed, is not common to England, but is a heritage of every land where the love of country is deep in the breast of man. But the real heart of England—its exact geographical center—is altogether another proposition. So far from being occupied by patriotic sentiment, a tree exactly fills the space. It is called Round Tree and is both a picturesque and distinguished growth. Cold stone might mark the spot, but this living monument which greets as the snow melts is much more fitting. This ancient oak typifies the national strength, and the associations attached to it thickly as leaves in midsummer make it a thing of affection and veneration.

False Dice.

The following passage explains the various methods of cheating at dice in the Elizabethan era so well that I transcribe it in full for the benefit of commentators on old plays, etc., says a correspondent of London Notes and Queries. "What false dice use they? as dice stopped up with quicksilver and beards, dice of vauntage, flatter, gourdes to chop and change when they lyte, to lette the trow dice fall under the table, and so take up the false, and if they be true dice, what shylte will they make to set ye one of them with slyding, with cogging, with foysting, with coytinge, as they call it."—Ascham's "Toxophilus," 1545.

Didn't Have to Pay Rent.

This is said to be how William Waldorf Astor gave the order for the fine office built for the Pall Mall Gazette: Mr. Astor was signing checks one morning and was informed that one of them was for office rent. He laid down his pen and remarked: "Well, I must pay taxes and other expenses, but I need not pay rent. If it pays another man to erect a building and rent it to me, then it will pay me. Now," turning to his right hand man, "make arrangements for new offices. I don't want to bear anything more about it for a year." And so the offices were built.

Dying of Famine

Is, in its torments, like dying of consumption. The progress of consumption, from the beginning to the very end, is a long torture, both to victim and friends. "When I had consumption in its first stage," writes Wm. Myers of Coarfon, Md., "after trying different medicines and a good doctor, in vain, I at last took Dr. King's New Discovery, which quickly and perfectly cured me." Prompt relief and cure for coughs, colds, sore throat, bronchitis, etc. Positively prevents pneumonia. Guaranteed as all drug stores. Price 50c and \$1 a bottle. Trial bottle free.

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Time Table in effect April 9, 1905.

No. 6. Daily Sunday	No. 4. Daily	No. 2. Daily.	STATIONS.	No. 1. Daily.	No. 3. Daily.	No. 5. Daily Sun
Lv A M	Lv P M	Lv A M		Ar. P M	Ar P M	Ar P M
7 45	2 15		Fairfield.....		1 20	9 10
7 55	2 35		Irvine.....		1 07	9 00
8 00	2 45		Dungarvan.....		1 00	8 50
8 05	2 55		Southside.....		12 55	8 40
8 10	3 00		Hickman.....		12 50	8 35
8 15	3 10		Lake Simonton.....		12 45	8 30
8 30	3 30		Micanopy.....		12 30	8 20
8 35	3 40		Tacoma.....		12 20	8 10
8 45	3 45		Kirkwood.....		12 15	8 05
8 50	3 55		Clyatt.....		12 10	8 00
9 05	4 15		Wachoota.....		12 00	7 55
9 15	4 40		Rocky Point.....		11 45	7 40
9 45 Ar	5 00		Gainesville.....		12 30	7 10
11 00 Lv	6 15 Lv	6 30	Bellamy.....	9 20	10 10 Ar	4 00
11 15	6 40	6 53	Cyril.....	8 55	9 45	3 30
12 00	6 55	7 05	Graham.....	8 40	9 30	1 50
12 30	7 08	7 12	Sampson City.....	8 32	9 22	1 30
12 40	7 15 Ar	7 28	Palatka, G. S. & F.....	8 20	9 10	1 10
	9 50	10 50		5 50 p	6 00 a	
	8 48	8 45	Lake City, G. S. & F.....	7 04 p	7 43	
		8 10 p	Tallahassee, S. A. L.....	1 48 p		
	11 05	11 00 a	Valdosta, G. S. & F.....	4 50 p	5 50	
	8 55 a	4 20 p	Macon, G. S. & F.....	11 30 a	12 40 a	
	7 35 a	7 55 p	Atlanta, C. of Ga.....	7 50 a	9 00	
Ar P M	Ar A M	Ar P M		Lv A M	Lv P M	